

WORKSHEET **RPG-1**

GOAL ASSESSMENT

INSTRUCTIONS

1. Refer to Worksheet 4-5: Identifying Your Personal Program Goals. List the three most important goals that you identified there in the first column of the chart below.
2. Fill in the other two columns.

My three Most Important Goals from Intensive Phase	How well am I doing at achieving the goal?	Why am I doing well or not doing well at achieving the goal?
1.		
2.		
3.		



- 3.** Are these still the right goals for you? Are your priorities still the same? If there are any changes, identify your new top three goals.

WORKSHEET **RPG-2**

LIFE AREA PLANNING

LIFE AREA	GOAL	STEPS
Substance Use		
Family (<i>Relationships with close family</i>)		
Social (<i>Relationships with friends and acquaintances</i>)		
Legal (<i>Relationship to the law</i>)		



Life Area Planning (continued)

LIFE AREA	GOAL	STEPS
Physical (<i>Health and fitness</i>)		
Psychological (<i>Your thinking and moods</i>)		
Work (<i>Your ability to get, keep or advance in a job</i>)		
Financial (<i>Your ability to make money or to use money effectively</i>)		



HANDOUT RPG-3

KEY PROBLEM-SOLVING STEPS

- 1.** Identify the problem by putting it into words.
(Example: How can I.....?)

- 2.** Brainstorm alternatives.

- 3.** Evaluate your alternatives and pick the best solution (or solutions).

- 4.** Implement your solution and evaluate how effective it was.